

# Montana Summer BOW Workshop August 4-6, 2017

Join us for a weekend of self  
discovery and adventure in the  
beautiful Lubrecht Forest!



Sponsored by:



**Montana Fish,  
Wildlife & Parks**



## Schedule of Events

<u>Friday, August 4</u>		<u>Saturday, August 5</u>		<u>Sunday, August 6</u>	
Participant Check In	10:00 am to 12:00 pm	Breakfast	7:00 am to 8:00am	Breakfast	7:00 am to 8:00 am
Lunch	Noon to 1:00 pm	Session II	8:00 am to 11:30 am	Session IV	8:00 am to 11:30 am
Welcome/Overview	1:00 pm to 1:30 pm	Lunch	12:00 pm to 1:00 pm	Lunch	11:30 am to 12:30 pm
Session I	1:30 pm to 5:00 pm	Session III	1:00pm to 4:30 pm		
Social Hour	5:00 pm	Social Hour	4:30 pm		
Book Club Meets	5:30 pm	Dinner	6:00 pm		
Dinner	6:30 pm	Evening Program	7:00 pm		
Evening Program	7:30 pm	Door Prizes/Silent Auction	8:30 pm		

**New Registration Process:** Everyone can register now, but during the first week of registration (June 16-June 23), new participants and previous Montana Summer BOW participants who bring someone new will be processed first. Participants who have only attended a Montana Beyond BOW class (1-day or 1-topic multi-day class) are considered a new participant for Summer BOW. Registrations must be mailed in. No walk-in or faxes will be accepted.

**Lubrecht Forest:** Is a research and education center operated by the University of Montana. Lubrecht is located 30 miles northeast of Missoula on Highway 200, near the Blackfoot-Clearwater junction.

- **The Camp** – Lubrecht has a conference center with meeting rooms, lodging and a dining hall. Paved trails connect these areas. No smoking is permitted in buildings. No dogs (except service dogs) are permitted at camp.

- **Accommodations** – Participants can choose from the following options. The **Lodge** provides accessible dormitory style rooms with 2 single beds with linens and a bathroom down the hall. The rustic **Cabins** sleep up to 6 people and have bunk beds and electricity. Shared shower-bathroom facilities are located a short walk from the cabins. Cabin dwellers must bring their own pillow, sleeping bag or bedding. Participants are welcome to bring **tents or campers**. No pads or hookups are available.

**Hunter Education Certificates:** Participants in **Beginning Shotgun**, or **Beginning Rifle** must attach a copy of their Hunter Education certificate or NRA certificate. If none, you must have attended the BOW **Basic Gun Handling** class at this or a previous workshop.

**Raffle & Auction:** Participants have a chance to win door prizes and raffle items. The silent auction has become a fun tradition at the workshop. We invite you to bring items for the silent auction, and/or bid on items.

**BOW Store:** BOW logo clothing and other items are available for purchase during the workshop. Proceeds from the store, silent auction and raffle go back to support the Montana BOW program. Cash, credit card and checks accepted.

**Car Pool:** If you are interested in car-pooling, check that on the registration form. We will generate a contact list for those who request it so you can make your own car-pool arrangements.

**Wildfires:** Unfortunately, Montana has suffered from drought conditions off and on for the last several years. If the workshop is cancelled due to the fire danger, all persons registered will receive a full refund.

**Contact Information:** Montana Fish, Wildlife & Parks: (406) 444-9940. Hearing impaired use Montana Relay: 711 or 1-800-253-4091.

**BOW Book Club:** We are reading *Jeannette Rankin: Bright Star Under the Big Sky*, by Mary Barmeyer O'Brien. We owe so much to the suffragettes. Book lovers are invited to share your thoughts at book discussion group on Friday evening led by Sandi Vashro. This book is also available on Kindle.

## WORKSHOP DESCRIPTIONS

**Basic Gun Handling**-Learn about several types of firearms and the basics of firearm safety. You'll see how different actions work, how to get the proper firearm fit, and how to safely handle and store firearms. No actual shooting will take place. **\*This class is a prerequisite for anyone who does not have a Hunter Education or NRA certificate and wishes to register for the rifle or shotgun classes.**

**Birding Basics**-There's more to birds than bright colors and pretty songs. Just what is a feather? Why do some birds migrate hundreds of miles while others endure Montana winters? Why do birds sing? What's the best way to watch birds? How do you use field guides? You'll learn birding basics as well as the best techniques for bird watching. This is a good class to take prior to the Bird Watching classes.

**Wilderness Survival 1**-Any outdoor activity can quickly go from fun to an unpleasant or potentially dangerous situation. Don't go outdoors unprepared! Learn the skills you need and the items you should always carry to survive an unexpected night(s) outdoors. This is information every woman should know! **\*This is a prerequisite for anyone who wants to take the Wilderness Survival 2 class.**

**Beginning Plant Identification**-This class will expose you to basic plant terminology, observation techniques, and helpful field guides. You'll have lots of on "hands-on" identification of trees, shrubs and flowering plants while rambling around the meadows and forests near camp. This class is for someone with no previous formal experience with plant identification.

**Beginning Fly Fishing** - Learn the basics of casting, tying knots and choosing flies and equipment appropriate to the streams and rivers of Montana. Fishing equipment will be provided, or bring your own. You'll practice dry casting in a field at camp. **\*This is the prerequisite for the Fly Fishing on the Water class.**

**Learn to Paddle Board** – This class will include proper technique, water safety, lots of personal attention and a whole lotta fun! We will practice getting on and off the boards, how to maneuver a straight line as well as turns and, if you're feeling spicy, we can practice our race turns. We will also have a chance to talk about boards and the differences between all the board choices.

**Introduction to Archery**-How do you hold a bow? What is a "nock?" This class will teach you how to select bows and arrows and show you other basic archery equipment. Participants will take part in stationary and aerial shooting using a Matthews Genesis compound bows which have an easy draw weight.

**Beginning Rifle**-Learn the fundamentals of rifle shooting, shooting positions and sighting techniques. This is a wonderful opportunity for people new to shooting or who want to improve their skills. You'll have an opportunity to shoot .22 caliber and larger caliber rifles. **\*Participants must take the Basic Gun Handling class at a BOW workshop between 2015 and this year's workshop or attach a copy of their Hunter Ed or NRA certificate.**



## WORKSHOP DESCRIPTIONS

**Bird Watching**-Get outside for a bird watching adventure. Learn the basics of using binoculars and field guides and discuss bird biology and identification tips throughout the morning. Binoculars and bird field guides will be available to borrow, or bring your own. Dress for cool (windy or rainy) Montana mornings. Both beginner and veteran bird watchers are welcome. Beginners will benefit by taking the Birding Basics class offered Friday.

**Maps & Compass 1**-Have you ever used a compass? Learn the “language” of map reading and how a compass functions. Combine these skills and you’ll be navigating the outdoors with confidence. We recommend taking Map & Compass Field Course to really practice what you learn in this class. Compasses will be provided. Some outdoor exercises are involved so dress accordingly. **\*This is the prerequisite for the Map & Compass Field Course class.**

**Sausage Making 101**-Don’t let making sausage intimidate you. Sausage was historically made from trim to use otherwise unused scraps of meat and to keep it from going to waste. You can grind and season meat using equipment you probably already have at home. You’ll learn about grinding methods and equipment, cuts of meat, fat, and casings while you make several types of sausage. Maximize your harvest and create delicious delicacies in your own kitchen.

**Free Range Yoga Project** – Experience a mindful walk in the woods combined with yoga. FRYP was founded with the belief that anyone can do yoga anywhere, beyond the four walls of a yoga studio. We’ll review some of the foundations of yoga and the poses we’ll use during our hike. Then we’ll walk on a local trail, pause for a few minutes of flow yoga, and then continue down the trail. Wear comfortable clothing that you can move in and don't mind getting a little dirty. We’ll have mat strips to use under our hands, but know that this is an outdoor experience!

**Beginning Shotgun**-Learn the basics of shotgun shooting, patterning and different shot shell ammunition. Participants will learn proper shooting stance, firearm fit, and shooting techniques while shooting at clay targets. **\*Participants must take the Basic Gun Handling class at a BOW workshop between 2015 and this year’s workshop or attach a copy of their Hunter Ed or NRA certificate.**

**Backpacking Basics** - Interested in backpacking, but don’t know what kind of backpack to buy or how to pack it? Maybe you are a seasoned backpacker looking to learn a few tips or more efficient backpacking techniques. We'll cover all you need to know to be comfortable in the woods. We’ll also cover the basics of day hiking—like trip planning, gear, what to bring, and where to go—so you can spend more time outdoors.

**Wilderness Survival 2**-You’re lost in the woods – now what do you do! See what it takes to set up your own survival camp. Learn how to choose a good site and build a shelter, make fire, and how to signal for search & rescue. Find out if the stuff in your day-pack is what you truly need.

**\*Participants must take the Wilderness Survival-1 class at this or a previous workshop AND bring a day pack with the items you would carry.**

## WORKSHOP DESCRIPTIONS

**Butterflies of Western Montana** - Butterflies are more than just pretty insects. Learn more about a butterfly's natural history and life cycles. We'll stroll through the mountain meadows to observe the markings and behaviors to look for when identifying common families and species. We'll cover how to tell moths from butterflies, butterfly conservation, and observe other insects along the way.

**Native Plants Birds!** – Native plants are the best plants for our native birds! They provide nectar, insects and seeds for food, protective cover for roosting and nesting, and habitat. Learn which plants in your area are best for attracting birds. This class will visit the Blackfoot Native Plants nursery.

**Intro to Fly Tying**-Learn about fly tying techniques, materials, and tools as you create flies for your next fishing trip. You'll tie wet and dry flies as you learn about the life cycle of the insects they are imitating. If you use cheater glasses please bring them to class.

**Outdoor Photography**– Improve your outdoor photography skills. You'll learn how F-stop, shutter speed and depth of field work together to give the outdoor photographer creative tools for better images. You'll venture outside to shoot some photos in the field and, as time permits, download some photos for viewing and critique. We'll also discuss outdoor ethics for responsible photography. Bring your digital camera with SD card and its instruction manual to class.

**Map & Compass 2-Field Course**-Bring your water bottle and hiking boots and put your navigation skills to work. This class is designed to let you practice what you learned in the previous Map & Compass class. Walking with a partner you'll navigate to pre-set points on a map. **\*Participants must have completed the Map & Compass class at this or a previous BOW workshop.**

**On the Road** – Does your car, truck or SUV have the gear you need in case of an emergency – for both you and the vehicle? Can you change a tire or jump start an engine? Learn what you should always carry and how to do general maintenance on your vehicle. Yes, you can do this! You'll feel safer and more empowered for your next road trip.

**Nature Journaling**-Learn how to quietly observe nature, reflect on what you see, how you see it, and express this in a journal using words and images. This class is for **any** artistic skill level. You'll learn to develop an intimate relationship with the natural world, discover insights to ourselves, and have fun doing so. Bring a journal and the medium of your choice (pencil, pen, watercolors) if you desire.

**Designing the Native Garden**- Turn your yard or garden into a wildlife-friendly native plant refuge. We'll visit a beautiful garden in Missoula where you'll to see how to create "homes" and natural food sources to attract wildlife to your yard. You'll learn about drought tolerant native plants that can create a yard/garden that is environmentally friendly and affordable.

**Fly Fishing on the Water** - Spend a relaxed morning practicing your new fly fishing skills. Participants will travel to a nearby river and practice casting techniques, reading the water, and (hopefully) how to land and release a fish. You'll learn about fishing ethics and safety, too. **\* Participants must have completed Beginning Fly Fishing class at this workshop.**

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Snappy's Sports Senter-Kalispell

# BOW Summer 2017 Workshop Registration

Name: \_\_\_\_\_

Registration is open for 1-week to new participants and previous Summer BOW participants attending with a new participant. Registrations for Summer BOW Alumni can be mailed now but will be processed in the order they are received after June 23, 2017.

I am a new Summer BOW participant.

I am bringing a new Summer BOW participant. Name: \_\_\_\_\_

I have been to a Montana Summer BOW workshop before.

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Birth Year: \_\_\_\_\_ Must be 18 to Attend

In case of Emergency, call: Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Do you have special dietary needs? ☐ Vegetarian ☐ No Gluten ☐ No Dairy ☐ Other

We will attempt to accommodate your needs.

Please indicate your first (1), second (2) and third (3) choice options for each of the four sessions in the columns below. \* indicates a prerequisite. Please read course descriptions.

Session I Friday Afternoon	Session II Saturday Morning	Session III Saturday Afternoon	Session IV Sunday Morning
___ Basic Gun Handling	___ Beginning Rifle*	___ Beginning Shotgun*	___ Bird Watching
___ Birding Basics	___ Bird Watching	___ Back Packing Basics	___ Map and Compass 2*
___ Wilderness Survival 1	___ Map & Compass 1	___ Paddle Boarding	___ On the Road
___ Beginning Plant ID	___ Intro to Archery	___ Wilderness Survival 2*	___ Nature Journaling
___ Begin Fly Fishing	___ Sausage Making 101	___ Butterflies of Montana	___ Design Native Garden
___ Paddle Boarding	___ Beginning Plant ID	___ Native Plants for Birds	___ Fly Fishing on Water*
___ Intro to Archery	___ Beginning Fly Fishing	___ Intro to Fly Tying	___ Free Range Yoga
	___ Free Range Yoga	___ Outdoor Photography	___ Outdoor Photography

☐ I'm a teacher, I would like to receive OPI Renewal Units.

☐ I will participate in the BOW book club on Friday afternoon.

☐ I would like my contact information (name, address, phone number and email) shared in the participant information packet.

☐ I am interested in carpooling.

**T-shirt size unisex (circle one):** Small Medium Large X-Large 2XL 3XL

Mail completed registration forms and checks to:

FWP-BOW

PO Box 200701

Helena, MT 59620-0701

Registrations for new participants will be processed first if postmarked by June 23, 2017.

No registrations accepted by phone, email, fax or walk-in, or on forms other than this one.

# BOW Summer 2017 Workshop Registration

Name: \_\_\_\_\_

Workshop Fee-includes instruction, class materials, and use of demonstration equipment.

Please choose lodging:

\_\_\_ \$300 includes lodging in a dorm and meals. Roommate Name: \_\_\_\_\_

\_\_\_ \$220 includes lodging in a cabin and meals. Roommate (s) Name (s): \_\_\_\_\_

\_\_\_ \$190 includes tent/camper space (circle one) and meals.

\_\_\_ \$170 includes meals; I have my own lodging off camp.

**Circle if staying in a cabin or Lodge dorm room:** I am a night owl or I am an early bird

\_\_\_ Check/money order included with my registration. Make check payable to **FWP**.

\_\_\_ Bill my credit card    \_\_\_ Visa    \_\_\_ Mastercard    \_\_\_ American Express

Name as it appears on card: \_\_\_\_\_

Card # \_\_\_\_\_

Expires: \_\_\_\_\_ / \_\_\_\_\_      Security code on back: \_\_\_\_\_

**Scholarships:** A limited number of \$100 scholarships are available for Montana residents who are first-time participants. Please submit a one-page letter explaining your needs and why the scholarship would benefit you. Recipients will stay at the camp and should include a check for the balance of the workshop fee (depending on lodging choice). Preference is given to full-time students and single parent households.

**Cancellation deadline:** Cancel on or before July 20, 2017, to receive a full refund. Cancellations made between July 21 and July 27 will incur a \$40.00 processing fee deducted from your refund. Cancellations between July 29 and August 1 will incur a \$100 processing fee deducted from your refund. You may also choose to send a substitute. After August 1 there will be no refund.

I fully understand and acknowledge that there are inherent risks and dangers participating in the BOW Workshop and that my participation may result in injury, illness or death and/or damage to personal property. I understand other participants, accidents, acts of nature or other events may pose dangers that are uncontrollable, and I hereby accept these risks and dangers. I affirm that I am at least 18 years of age and that I am in good enough health to participate in the workshop. I have read and understand the above warnings and risks, and agree to voluntarily participate in this training workshop. I understand that photos or video may be taken for promotion of the BOW program. I agree to allow the use of my image by FWP for any legitimate purpose, such as newsletters, FWP websites, and brochures.

Signature \_\_\_\_\_

Date \_\_\_\_\_